



FORT ST. JOHN AND AREA COMMUNITY HEALTH GUIDE CARING FOR SENIORS 2026

The information in this guide is a collaborative effort created by volunteers from the BC Association of Community Response Networks (BCCRN), Save our Northern Seniors (SONS) and the Fort St. John and Area Community Connector (United Way).

To the best of our ability we have tried to cover all services and providers in our local area. We are providing information, not endorsements. To access a digital copy for reference or printing go to:

https://bccrns.ca/wp-content/uploads/2019/08/FSJ_Community_Health_Guide_2026.pdf

Or go to the BC Association of Community Response Networks homepage at:

<https://bccrns.ca/>

Find a CRN, Fort St. John Community Response Network, Fort St. John Community HealthGuide 2026

Printed copies are available at several locations in our community. You can also contact SONS mackeno35@gmail.com or the Seniors Community Connector [250-784-5392](tel:250-784-5392) for locations and more information.

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HOSPITAL & MEDICAL CLINICS

Fort St. John Hospital: 250-262-5600

Fort St. John Hospital Lab Booking (bloodwork): 1-888-223-1530

Fort St John Hospital Medical Imaging: 250-261-7424

Dawson Creek Hospital Medical Imaging: 250-784-7320

Chetwynd Hospital and Health Center Medical Imaging: 250-788-2236

Home Support: 250-263-6040 or 250-261-7210 (Medication check, Bathing, Wellness check)

Home Care: 250-263-6021 (Wound Care/Bloodwork)

Long Term Care: 250-263-6002 (Assessments/Support)

Fort St. John Health Unit: 250-263-6000

Primary Care Services includes a combination of the following services: Case Management, Home Care Nursing, Home Support (including CSIL), Rehabilitation (occupational therapy/physiotherapy) Services, Social Worker, Palliative Care Nurse Consultants, Health Services for Community Living, Primary Care Nursing, Mental Health and Substance Use Services, and Life Skills services.

Hudson's Hope Health Center: 250-783-9991

Dawson Creek Health Unit: 250-719-6500

Chetwynd Health Unit: 250-788-2236

ABC Clinic: 250-785-1220

9842 101st Avenue, Fort St. John, BC

North Peace Primary Care Clinic: 250-262-0016

10504 100th Avenue, Fort St. John, BC

Fort St. John Family Practice: 250-785-6677

10011 96th Street, Fort St. John, BC

Fort St. John Cancer Clinic: 250-261-7358

Dawson Creek Cancer Clinic: 250-795-6156

Longevity Care Clinic

Melanie Chapple, RD

#350-10501 100 Avenue, Fort St. John, BC V1J 1Z2

Melanie@mindfuleatingmatters.ca

Greenwoods Dental Centre: 250-787-6363

10031 100 Street, Fort St John, BC V1J 3Y5

Alaska Avenue Dental Clinic: 250-787-1606

11116 100 Avenue #3, Fort St John, BC V1J 1Z8

Accent Dental: 250-787-1918

9629 100 Avenue, Fort St John, BC V1J 1Y2

Fort St. John Dental Clinic: 250-785-1867

9523 100 Avenue, Fort St John, BC V1J 1Y1

North Peace Dental and Implant: 250-785-4513

9860 101 Avenue, Fort St John, BC V1J 2B2

Apex Dental: 250-787-7820

9131 96a Street, Fort St John, BC

Blooming Smiles Dental Hygiene Inc: 250-263-5681

10008 88 Street, Fort St John, BC V1J 3G6

Strasdin Orthodontics: 250-785-0169

9852 101 Avenue, Fort St John, BC V1J 2B2

Northern Lights Dental Clinic: 250-785-7888

9838 100 Avenue, Fort St John, BC V1J 1Y5

Fostering Smiles Dental Hygiene: 778-242-4224
9730 101 Avenue #204, Fort St John, BC V1J 2A8

Complete Care Denture Clinic: 250-785-7000
10021 100 Street, Fort St John, BC V1J 3Y5

Dr. Kerim Ozcan: 250-787-1848
Unit C, 9629 100 Avenue Unit B, Fort St John, BC V1J 1Y2

Dr Lertruchikun Dental Corp: 250-785-1867
9523 100 Avenue, Fort St John, BC V1J 1Y1

Northern Vision Care-Partner of FYidoctors: 250-785-2020
9808 101 Avenue, Fort St John, BC V1J 2B2

North Peace Optometry Clinic: 250-785-8055
10035 100 Avenue, Fort St John, BC V1J 1Y7

Merwin Optical Ltd: 250-787-0232
9920 101 Avenue, Fort St John, BC V1J 2B2

PHARMACIES

Shoppers Drug Mart: 250-785-6155
10351 100 Street, Fort St. John, BC

Safeway Pharmacy: 250-261-5479
91230 100 Street, Fort St. John, BC

Walmart Pharmacy: 250-261-5544
9007 96A Street, Fort St. John, BC

Peace Pharmacy: 250-785-1140
9840 101 Avenue, Fort St. John, BC

Fort St. John Pharmacy and Wellness Center: 250-785-3234
9730 101 Avenue, Fort St. John, BC

Loblaw Pharmacy: 250-785-2527
9831 98A Avenue, Fort St. John, BC

IDA Family Drug Mart: 250-261-7039

10504 100 Avenue, Fort St. John, BC

InnoviCares is a free drug savings card available to all Canadian residents. Apply online at Free Drug Payment Card | innoviCares

Simply sign up to get your card and take it to your pharmacy with your prescription.

InnoviCares coordinates with your pre-existing insurance plan(s) to save you money.

No insurance? No problem. InnoviCares can be used with or without insurance to help you lower the cost of your medications at the pharmacy

NORTHERN HEALTH SERVICES

Register for a family doctor: 8-1-1 or 7-1-1 for the deaf and hard of hearing

Health Connect Registry/ HealthLink BC (online registration)

Registration takes less than five minutes. To register, please provide your:

- Personal Health Number (PHN), found on your BC Services Card or BC Driver's Licence
- Home address
- Email address and phone number

HealthLink BC: 811 Available 24/7

Health advice, assistance, services, information

Division of Family Practice FSJ and Hudson's Hope: 778-715-2917

For an extensive list of Northern Health resources go to:

northernhealth.ca

Choice in Supports for Independent Living (CSIL): 250-263-6000

CSIL is a self-directed option for eligible home support clients for Independent Living.

Northern Health Lifeline Program /Medic Alert System: 250-645-3758 or 1-800-851-0184

Lifeline is an easy-to-use medical alarm service designed to reduce the risk of living alone. In the event of a fall emergency, help is available at the touch of a button. The Lifeline Personal Help Button connects you to a trained Personal Response Associate who can send help quickly – 24 hours a day, 7 days a week.

Virtual Clinic: 1-844-645-7811 10:00am-10:00pm, 7days a week

The Virtual Clinic will focus on providing timely care for patients in the Northern Health region who **do not have a primary care provider**, particularly those in rural and remote areas with chronic or complex care needs. It is supported by a compassionate team of health care professionals including doctors, nurse practitioners, nurses, mental health clinicians, a social worker, and a physiotherapist.

If you have a primary care provider, the clinic will help connect you to the most appropriate resource, whether that be your own primary care provider, a Virtual Clinic nurse or other health care professional, a local pharmacy, walk-in clinic, urgent and primary care centre in your community, or other virtual clinic options.

NHTracks: 250-262-5200

NH Tracks shows where your family member, friend or loved one is during their surgery from the time they check in for surgery until they are discharged to go home or to the inpatient unit. NH Tracks uses a unique patient code called Tracks ID. Give the Tracks ID to your family so they can follow your progress. Please contact the hospital surgery booking office if you would like your Tracks ID.

Telehealth: Telehealth connects you with your out-of-town health care provider over a secure connection using your own smartphone, computer, or tablet. You can talk with your health care provider as if they were in the room.

Contact: telehealth@northernhealth.ca

HealthElife: HealthElife is a digital tool that gives you 24/7 secure online access to your electronic health record from any computer, tablet, or smartphone. You can also access the information and services of any adult, child, or elderly family member you may be supporting in care.

The Regional Chronic Diseases Program: 250-261-7339

Promotes partnerships and linkages between Primary Care and Specialty Services and Specialists who are providing care to patients with chronic diseases. Services for cancer, cardiac, chronic pain, diabetes, HIV and Hepatitis C, kidney, and stroke care.

Health Services for Community Living (HSCL): 250-645-3712 Fax: 250-645-8068

The HSCL program provides non-emergency specialized nursing, rehabilitation, dietary and dental hygiene services to adults who have a developmental disability and are eligible for services under Community Living British Columbia (CLBC).

Prince George Legion Wing 3701 Rainbow Drive, Prince George BC V2M3V9

Complaint Process for Health Concerns:

If you have a complaint in regards to yourself or on behalf of a loved one please first speak to the provider of the service or the area manager.

If your complaint remains unresolved after discussing the issue with the service area, encourage you to contact our **Patient Care Quality Office:**

Patient Care Quality Office

299 Victoria Street, 6Th Floor

Prince George, BC V2L 5B8

Toll- free: 1-877-677-7715 Fax 250-565-2640

Email: patientcarequalityoffice@northernhealth.ca

You can expect your complaint to be dealt with promptly and fairly. The Patient Care Quality Office will:

- Formally register your complaint
- Work with you to identify a reasonable resolution to your concerns
- Provide you with a response to your complaint and an explanation about any decisions and actions taken as a result of your complaint

What happens once you register a complaint?

If you are calling on behalf of yourself, the Patient Care Quality Office will work with you to identify the issues you wish to follow up on and negotiate a mutually acceptable resolution to whatever the concerns may be.

If you are calling on behalf of a family member or other individual, you will be asked to have the individual. The complaint is in reference to, contact us directly to ensure their perspective about the matter is understood and to confirm what follow up they wish to occur. If they are unable to do so, you will be asked to provide proof of your authority to act on behalf of that individual and or to receive feedback about that person's care or service with Northern health this is done in order to protect the clients privacy and accordance with the confidentiality policies and the Freedom of Information and Protection of Privacy Act.

Individuals within the health authority, who are responsible for monitoring the quality of care provided by their respective programs will be asked to undertake an examination of the identified issues of concern. Once that is complete, a response will be provided directly to whomever has the authority to receive it, typically the individual the information is about, or with that person's authorization a third-party such as a family member.

What if I'm still not satisfied?

If you feel that the response from the Patient Care Quality Office has not addressed your concern about the healthcare you received, you may contact the **Patient Care Quality Review Board** for consideration of your concern. The Patient Care Quality Review Board is made up of people who live in your region and are independent of the

health authority. For more information about the Patient Care Quality Review Board visit:

www.patientcarequalityreviewboard.ca

To request a review of your complaint by a board, please contact:

Patient Care Quality Review Boards

PO Box 9643

Victoria, BC V8W 9P1

Phone: [1-866-952-2448](tel:1-866-952-2448). Fax: [250-952-2428](tel:250-952-2428)

Email: contact@patientcarequalityreviewboard.ca

Website: www.patientcarequalityreviewboard.ca

HOME CARE SUPPORT

Wings of Care: [250-793-5043](tel:250-793-5043)

www.wingsofcare.ca

wingsofcare@outlook.com

phone lines are open from 8am – 8pm Monday to Friday

Classic Lifecare: [250-563-3501](tel:250-563-3501)

Home Health Care Fort St. John - Classic LifeCare

Northern Health: [250-263-6040](tel:250-263-6040) or [250-261-7210](tel:250-261-7210)

Ashley's Home Care Service: [250-329-6772](tel:250-329-6772)

Northern Health Home Care Nursing

Northeast Health Service Delivery Area

Chetwynd [250-788-7305](tel:250-788-7305)

Dawson Creek [250-719-6500](tel:250-719-6500)

Hudson's Hope [250-783-9991](tel:250-783-9991)

Fort Nelson [250-774-7092](tel:250-774-7092)

Fort St. John [250-263-6000](tel:250-263-6000)

Tumbler Ridge [250-242-4262](tel:250-242-4262)

MEDICAL SUPPORT SERVICES

Medical Alerts: Technology to keep your loved one safe

NH Lifeline office: 250-645-3758 or toll-free at 1-800-851-0184

Telus SmartWear Security: telus@email.telus.com

Necklaces, keychains, bracelets etc. shares your location with up to 5 contacts

Airtags: Google Airtags for information

Fort St. John Pharmacy and Wellness Center: 250-785-3234

9730 101 Avenue, Fort St. John, BC

Minor Ailments Prescribing, Medication Compounding, Foot Care, Wound/Ostomy

Continence Care, Home Healthcare, Blister Compliance Packaging,

Immunizations/Travel Medicine Advice, Travel Clinic, Opioid Agonist Treatment,

Smoking Cessation, Drive-thru Pharmacy. For detailed information please go to Fort St. John Pharmacy & Wellness Centre – Centered on Your Health

Drea's Footcare and Esthetics: 250-401-8267

All footcare services are performed by a Certified Podologist (C. Pod.) A pedicure with a C. Pod. is a non-medical advanced pedicure service, with a technician who has in-depth knowledge of skin and nail disorders as well as diabetic and geriatric foot care. The technician also has advanced working knowledge of the structure of the feet from biomechanics to gait and has learned corrective techniques to improve your gait and foot health. Footlogix Professional footcare line is used, with a specifically designed gentle electronic filing system.

We offer mobile footcare service! We understand mobility constraints, so we are happy to come to you. *C. Pod's cannot diagnose, but will recommend and refer for any medical issues.*

Marlene Hayne: 778-256-7779

Footcare and Hair Care

HME Home Health E-Store

www.hmec.com

Mobility and accessibility equipment

Red Cross: 250-262-0083

Medical Equipment Rentals

Arthritis Society Canada: 1-800-321-1433

arthritis.ca/resources

arthritis.ca/get-involved

arthritis.ca/newsletter

info@arthritis.ca

BC Lung Association: 604-731-5864 or Toll Free: 1-800-665-5864

2675 Oak Street

Vancouver, BC V6H 2K2

info@bclung.ca

Rainbow GP: 877-596-7653

Breathing Supports – Fresh Air Machine

Rainbow GP serves Grand Prairie and Fort St. John and has models for Fresh Air Machines.

MedPro Respiratory Care: 1-888-310-1444

Unit A - 8707 100 Avenue, Fort St. John, BC V1J 1W9

Adaptive Clothing Silverts' Adaptive Clothing – Women, Men, Adaptive Kits

customercare@silverts.com

Wheelchair/walker Repair: 250-261-1080 or 250-785-5055

Based in Fort St. John but is willing to go to Fort Nelson

Greg Large – Cost is determined by Greg

MENTAL HEALTH SERVICES

Northern BC residents can get help immediately by contacting any one of the following:

- Suicide Crisis Helpline – Call or text 9-8-8
- 310 Mental Health Support – Call 310-6789 for emotional support, information, and resources specific to mental health
- 1-800-SUICIDE – Call 1-800-784-2433 if you are experiencing feelings of distress or despair, including thoughts of suicide

- Northern Health Virtual Clinic – Call [1-844-645-7811](tel:1-844-645-7811) for access to a family doctor or nurse practitioner, including for mental health needs

The Alcohol and Drug Information and Referral Service: [1-800-663-1441](tel:1-800-663-1441)

Kelty Mental Health Resource Centre at BC Children's Hospital: [604-875-2084](tel:604-875-2084)

or Toll-Free: [1-800-665-1822](tel:1-800-665-1822)

Healthy Minds Centre

Entrance #85, Room P3-302

4500 Oak Street

Vancouver, BC V6H 3N1

keltycentre@cw.bc.ca

For kids and teens (ages 20 and under), professional counselors are available to help, 24 hours a day. It's free, confidential, and anonymous. Visit <https://youthinbc.com/> to chat online with a crisis responder.

Fort St John Mental Health & Addiction Services: [250-263-6080](tel:250-263-6080)

10011 96 Street, Fort St. John, BC, Canada V1J 3P3

Government of BC Access for Mental Health and Substance Use:

- Visit HeretoHelp.bc.ca/Get-Help or email support@heretohelp.bc.ca to speak to a mental health and substance use navigator
- Northern Health region: [1-844-645-7811](tel:1-844-645-7811)
- Visit HelpStartsHere.gov.bc.ca for a comprehensive list of publicly funded mental health and substance use supports across B.C.
- Opioid Treatment Access Line: [1-833-804-8111](tel:1-833-804-8111)

Community Program: [250-263-6080](tel:250-263-6080)

The Mental Health & Substance Use community programs offer services that include a combination of functions with interprofessional teams, as well as some specialty services, i.e. Developmental Disabilities Mental Health (DDMH), Acquired Brain Injury (ABI), etc. Youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreation rehabilitation is also available at most community programs. Community programs provide assessment, treatment and referrals for adults. Hours of operation: Monday to Friday, 8:30 am to 4:30 pm

10011 96th Street, Fort St John, BC V1J 3P3

After hours or emergency line:

Hospital: [250-262-5200](tel:250-262-5200)

Crisis Line: [1-888-562-1214](tel:1-888-562-1214)

HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. We are a group of seven leading mental health and substance non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems.

<https://www.heretohelp.bc.ca/>

Canadian Coalition for Seniors' Mental Health (CCSMH): [1-888-214-7080](tel:1-888-214-7080)

The CCSMH works to promote seniors' mental health by connecting people, ideas and resources. Our comprehensive focus areas include Anxiety, Behavioural and Psychological Symptoms of Dementia (BPSD), Delirium, Depression, Mental Health in Long-Term Care, Social Isolation and Loneliness, Suicide Risk and Prevention of Suicide, Substance Use and Addiction, and Wellness in Aging.

20 Crown Steel Drive, Unit #6, Markham, ON L3R 9X9 Email: info@ccsmh.ca

PsychClinic FSJ: [250-263-9313](tel:250-263-9313) (A referral only practice)

We are a blended team of Psychiatric professionals who focus on providing inclusive quality care to the underserved Northeast BC. Local holistic, whole health services for local people.

Ministry of Children and Family Development Child & Youth Mental Health Intake Clinic Fort St. John: [250-263-0121](tel:250-263-0121)

Children and youth can access free and voluntary community-based mental health supports and services in BC

Child & Youth Mental Health Toolkit with links to resources (PDF)

Centre for Suicide Prevention equips Canadians with information, knowledge and skills to respond to those considering suicide. Visit <https://www.suicideinfo.ca/>

Visit <https://bc.211.ca/> or dial [2-1-1](tel:2-1-1)

211 is Canada's primary source of information for government and community-based, non-clinical health and social services. The free and confidential service can be accessed 24 hours a day. You do not have to give your name or personal details to ask for information.

ANXIETY CANADA offers trusted resources and programs to help people better understand and manage anxiety, and find the relief they need.

<https://www.anxietycanada.com/>

MINDSHIFT CBT

A free mental health app with evidence-based anxiety relief. Scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Centre for Addiction and Mental Health <https://www.camh.ca/>

CAMH's goal is to provide hope and a path toward recovery from mental illness and substance use for anyone in need.

Wellness Together Canada

A mental health and substance use website to support people across Canada and Canadians living abroad.

<https://www.wellnesstogether.ca/en-CA>

Indigenous Mental Health Services:

- KUU-US Crisis Response Service provides culturally-aware crisis support for Indigenous peoples in BC. Call [1-800-588-8717](tel:1-800-588-8717)
- Métis Crisis Line – Call [1-833-MetisBC](tel:1-833-MetisBC) [1-833-638-4722](tel:1-833-638-4722)
- National Indian Residential School Crisis Line provides support for former Residential School students and those affected. You can access emotional and crisis referral services by calling the 24-hour National crisis line: [1-866-925-4419](tel:1-866-925-4419)

PALLIATIVE CARE & GRIEF SUPPORT

Fort St. John Palliative Care & District Palliative Care Society: [250-787-2814](tel:250-787-2814)
#106-10142-101 Avenue, Fort St. John, BC V1J 2B3

Northern Health Palliative Care

If you have any questions, concerns, or would like to be added to our monthly distribution list, please contact our team at

Palliative.Care.Consult.Team@northernhealth.ca

BC Centre for Palliative Care: 604-553-4866

Provides education, resources and supports for individuals & families, healthcare providers, community organizations, researchers.

<https://www.bc-cpc.ca/>

Grief Boxes: Connie Greyeyes 250-793-1468

Donated self care items, support and information for grief loss.

Healing Hearts FSJ

A support group for people who have lost loved ones to the opioid crisis.

Healingheartsfsj@gmail.com

British Columbia Bereavement Helpline: 1-877-779-2223

www.bcbh.ca

Dying With Dignity Canada

events@dyingwithdignity.ca or website at www.dyingwithdignity.ca

Facebook page: Dying with Dignity Canada

info@dyingwithdignity.ca

ADVANCE CARE PLANNING

NIDUS: 604-408-7414

We provide British Columbians with education, support, and assistance with personal planning and Representation Agreements, and have developed institutional expertise about the creation, use, and support around these important planning tools.

info@nidus.ca

Fort St. John Palliative Care Society: 250-787-2814

Advance Care Planning courses and assistance

Advance Care Planning Websites:

Advance Care Planning - Province of British Columbia

Advance Care Planning Canada: A CHPCA Initiative

FNHA-Preparing-Basket.pdf

MEDICAL TRAVEL FUNDING

Travel Assistance Program – TAP BC: 1-800-663-7100

The Ministry of Health, in partnership with private transportation carriers, has a program called Travel Assistance Program (TAP BC). TAP helps alleviate some of the transportation costs for eligible BC residents who must travel within the province for non-emergency medical specialist services not available in their own community. The website outlines Eligible Services, Eligible Individuals and the Application Process. Your physician, nurse practitioner or specialty clinic will provide the TAP form and complete most of it for you.

[Travel Assistance Program \(TAP BC\) - Province of British Columbia](#)

Canadian Cancer Society: 1-888-939-3333

Offers financial assistance with travel expenses associated with accessing cancer treatment for low income individuals

Ministry of Social Development & Poverty Reduction: 1-866-866-0800

Transportation and accommodation costs may be covered for individuals receiving income and/or disability assistance. Assistance is intended to meet non-local travel costs associated with essential medical treatment

Fort St. John FireFighters Charity Society

fsjfc@gmail.com

Veterans Affairs Independence Program: 1-866-522-2122

Funding provided to assist veterans with transportation to medical appointments

Treaty 8 Medical Transportation: 250-785-0612 ext. 243

The Medical Transportation Benefit is a supplementary benefit intended to provide financial support when a Client is accessing medically necessary health services not available in their Community of Residence. This support may include coverage towards the cost of transportation, meals and accommodation.

medicaltransport@treaty8.bc.ca

OUT OF TOWN ACCOMMODATIONS FOR FAMILY & CAREGIVERS

The BC Government website offers a Medical Travel Accommodation Listing webpage at <http://csa.pss.gov.bc.ca/medicaltravel/>. When booking, request medical rate or long

term rental rate. Enter the city and dates of stay to generate results.
<https://csa.pss.gov.bc.ca/medicaltravel/>

Easter Seals House: [1-800-818-3666](tel:1-800-818-3666)
3981 Oak Street, Vancouver, BC

Out of town patients who need to travel to receive cancer treatment:

Kordyban Lodge Prince George: [250-562-3535](tel:250-562-3535)
1100 Alward Street, Prince George, BC, V2M 7B1

- meals and snacks
- volunteer driver program to help you get to and from medical appointments
- wig and breast prosthesis services
- wellness and supportive care programs such as dog therapy, art and music sessions

Canadian Cancer Society Lodge Vancouver: [604-879-9131](tel:604-879-9131)
575 West 10th Avenue, Vancouver, BC, V5Z 4C3

- meals and snacks
- wig and breast prosthesis services

Southern Interior Rotary Lodge Kelowna: [250-712-2203](tel:250-712-2203)
330 Strathcona Avenue, Kelowna, BC, V1Y 5K7

- meals and snacks
- volunteer driver program to help you get to and from medical appointments
- wig and breast prosthesis services
- Look Good Feel Better program

TRANSPORTATION

Community

Handy Dart Booking: [250-787-9373](tel:250-787-9373)

To register and eligibility requirements call BC Transit [250-787-7433](tel:250-787-7433)

BC Transit- Fort St. John Transit System: [250-787-7433](tel:250-787-7433)

BC Bus North: [1-844-564-7494](tel:1-844-564-7494)

Teco Taxi: [250-787-0641](tel:250-787-0641)

Fort St. John Cabs: 250-785-3342

Energetic Taxi Cabs: 250-261-8888

Coastal Rides: 1-855-921-2226

Medical

Northern Health Connections: 1-888-647-4997 (outside of BC call 1-250-564-7499)

<https://nhconnections.ca>

schedule subject to change

This service is for all northern residents travelling outside their home community for non-emergency health care or who need to get home after travelling by ambulance to another community. Travel companions can also travel with you and immediate family may use the bus to travel to support family members who require health care services outside of their home community. This service is also available for seniors (over 60) and people with mobility challenges.

Hope Air: 1-877-346-4673

Provides Canadian residents in financial need with free flights to travel to medical appointments away from their home community

**Hope Air assesses all applications for travel support on a case-by-case basis based on two primary criteria:

- A confirmed appointment covered by your provincial healthcare plan, and;
- A demonstrated financial need.

TR Cares: 1-250-242-7444

Free medical shuttle every Thursday from Tumbler Ridge to Chetwynd to meet the Northern Health Bus. Transportation is also provided for Tumbler Ridge residents travelling to Dawson Creek, Fort St. John, and Grande Prairie for medical appointments.

SUPPORT GROUPS & VICTIM SERVICES

Fort St. John RCMP Victim Services: 250 787-8138

10712 100th Street, Fort St John, BC V1J 3Z6

Community Based Victim Services: 250-785-6021

Community Bridge

10142 101 Avenue, Fort St. John, BC V1J 2B3

Seniors Abuse & Information Line (SAIL): 604-437-1940 or Toll-Free at

1-866-437-1940 Monday to Friday from 8am to 8pm excluding statutory holidays.

SAIL is a confidential means for seniors to speak to a professional intake worker about issues that affect their well-being, receive information, or learn about our programs.

Language interpretation is available.

First Link Dementia Helpline: 1-800-936-6033 (English), 1-833-674-5007 (Cantonese & Mandarin), or 1-833-674-5003 (Punjabi)

Online and in person

alzbc.org/programs-services

Connect to First Link by asking your health-care provider for a referral or by calling the First Link Dementia Helpline, available Monday to Friday, 9 a.m. to 4 p.m.

Pain BC: 1-844-430-0818

supportline@painbc.ca

www.painbc.ca/supportline

Self-Management BC - University of Victoria: 1-866-902-3767

selfmgmt@uvic.ca

Programs on chronic pain and medical conditions

Fort St. John Support Group for MS: 250-263-8058

This group is for people living in Fort St. John and the surrounding area who are affected by Multiple Sclerosis

Salvation Army: 250-785-5891/ Admin Office 250-785-0506

10116 100 Avenue, Fort St. John, B.C. V1J 1Y6

Website: <http://www.safsj.org/>

Spinal Cord Injury BC: 250-787-1912

peervolunteerfsj@sci-bc-ca

Seniors Outreach & Resource Centre: 250-861-6180

#115 - 2065 Benvoulin Court, Kelowna, BC

soos_projects@seniorsoutreach.ca

Alzheimer Society of BC Northern Region: 250-564-7533 or 1-866-564-1642
811 Victoria Street, Suite 302, Prince George, BC, V2L 2L6
info.princegeorge@alzheimercbc.org

Fort St. John Alzheimer's Support Group: 250-785-3876
Meet the third Thursday of the month in the Peace Lutheran church fellowship lounge at
7:30 from Sept. until June

Alzheimer Society - BC & Yukon Division: 1-877-952-3181

Fort St John Cancer Support Circle Society: 250-263-7824
fsjcsc@gmail.com

North Peace Community Resources Society: 250-785-6021
Community Bridge
Counselling and support services
info@communitybridge.ca
10142-101 Avenue, Fort St. John, BC V1J 2B3

Pacific Post Partum Support Society: 1-855-255-7999
<https://postpartum.org>

Confident Parents:Thriving Kids www.confidentparents.ca

Post Secondary Students online support hearttotalk.ca/main

BC Schizophrenia Society: 250-261-9189
www.bcscs.org

Parkinson's Support Group: 1-800-668-3330
Many of our support groups now offer virtual meetings via Zoom, providing flexibility and
accessibility. For details or to connect with a local group facilitator, please contact us.
supportgroups@parkinson.bc.ca

Northern Brain Injury Association: 1-250-224-4673

Smoking cessation www.quitnow.ca

Traumatic Brain Injury www.tbiguide.com

BCACC Clinical Counselling <https://bcacc.ca/>

Fort St John Grief Support Mental Health & Substance Use Resources:
250-264-2804

Counselling for those with extended benefits/third party insurance

- BC Assoc. of clinical counsellors www.bcacc.ca for list of clinicians
- Psychology today www.psychologytoday.com/ca for list of clinicians
- Cognito www.getcognito.ca for paid mental health services

Canadian Diabetes Association: 705-791-7203

Abbott Diabetes Care Division

<http://www.abott.com/contact>

BC Diabetes Office: 1-888-874-9333 or 604-683-3734

400 – 210 W Broadway, Vancouver, BC V5Y 3W2

Email: info@bcdiabetes.ca

Fort St. John Diabetes Education Center: 250-261-7439

8407-112 Avenue, Fort St. John, BC V1J 0J5

Alcohol and Drug Information

Referral Service: 1-800-663-1441

www.drugrehab.ca

Support Group for Overdose/Opioid Crisis: 250-793-8817

Group meets Wednesdays at 7pm - Treaty 8 building

phtwobs@hotmail.com

Life Ring Secularity-Sobriety Self Help

www.Liferingcanada.org

Alcoholics Anonymous Fort St John: 250-785-8866

Al-Anon meetings Monday @7pm Calvary Baptist Church. Enter north side of church

www.fsjintergroup@gmail.com

Peace Area Narcotics Anonymous: 1-877-463-3537

www.peaceareana.com

Trafalgar Addiction Treatment Centre: 1-855-730-8984
traflgarresidence.com

Fort St John Adult Day Treatment Program: 250-261-7208

Prince George Detox: 250-645-7420

Grande Prairie Detox: 780-538-6300

Towards The Heart: www.towardstheheart.com

British Columbia Centre on Substance Use: bccsu.ca/drug-checking

Drug Rehab Centers in Canada: 1-877-254-3348
DrugRehab.ca

Web Based Resources

- Mental Health resources
www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/depression-in-adults (right side of the page has a patient guide pdf to download)
- BC Mental Health & Substance Use Services - www.bcmhsus.ca
- Anxiety Canada www.anxietybc.ca
- Wellness Together: Free counselling funded by the government
<https://www.wellnesstogether.ca/>
- Bounce back 1-866-639-0522 www.bounceback.ca

Apps for Smart Phone

- Mindshift- free app that is Cognitive Behavior Therapy based
- How we feel – howwefeel.org
- Balance- free year trial for anxiety
- Lifeguard of Besafe – for substance use while alone

SENIORS HOUSING AND FACILITIES

Peace Villa: 250-262-5200

Northern Health Long Term Care

Assessment by Northern Health Required

8407 – 112th Avenue, Fort St. John, BC V1J 0J5

Residents' Bill of Rights

Commitment to care

1. An adult person in care has the right to a care plan developed:

- (a) specifically for him or her, and
- (b) on the basis of his or her unique abilities, physical, social and emotional needs, and cultural and spiritual preferences. Rights to health, safety and dignity

2. An adult person in care has the right to the protection and promotion of his or her health, safety and dignity, including a right to all of the following:

- (a) to be treated in a manner, and to live in an environment, that promotes his or her health, safety and dignity;
- (b) to be protected from abuse and neglect;
- (c) to have his or her lifestyle and choices respected and supported, and to pursue social, cultural, religious, spiritual and other interests;
- (d) to have his or her personal privacy respected, including in relation to his or her records, bedroom, belongings and storage spaces;
- (e) to receive visitors and to communicate with visitors in private;
- (f) to keep and display personal possessions, pictures and furnishings in his or her bedroom. Rights to participation and freedom of expression

3. An adult person in care has the right to participate in his or her own care and to freely express his or her views, including a right to all of the following:

- (a) to participate in the development and implementation of his or her care plan;
- (b) to establish and participate in a resident or family council to represent the interests of persons in care;
- (c) to have his or her family or representative participate on a resident or family council on their own behalf;
- (d) to have access to a fair and effective process to express concerns, make complaints or resolve disputes within the facility;
- (e) to be informed as to how to make a complaint to an authority outside the facility;
- (f) to have his or her family or representative exercise the rights under this clause on his or her behalf. Rights to transparency and accountability

4. An adult person in care has the right to transparency and accountability, including a right to all of the following:

- (a) to have ready access to copies of all laws, rules and policies affecting a service provided to him or her;

- (b) to have ready access to a copy of the most recent routine inspection record made under the Act;
- (c) to be informed in advance of all charges, fees and other amounts that he or she must pay for accommodation and services received through the facility;
- (d) if any part of the cost of accommodation or services is prepaid, to receive at the time of prepayment a written statement setting out the terms and conditions under which a refund may be made;
- (e) to have his or her family or representative informed of the matters described in this clause.
- (f) Scope of rights

5. The rights set out in clauses 2, 3 and 4 are subject to:

- (a) what is reasonably practical given the physical, mental and emotional circumstances of the person in care;
- (b) the need to protect and promote the health or safety of the person in care or another person in care, and
- (c) the rights of other persons in care.

Independent Long-Term Care Councils Association of BC (ILTCCABC)
iltccabc@gmail.com

Abbeyfield House Fort St John: 250-787-6640
Home for Independent Seniors
8112 – 96th Ave, Fort St John, BC V1J 1J6
<http://www.abbeyfieldfsj.org>
info@abbeyfieldfsj.org

Heritage 1: 250-787-2376
BC Housing: 1-800-667-1235
9824-106th Avenue, Fort St. John, BC V1J 2N7

Heritage 2: 250-787-2376
Northern Health Assisted Living
9824 106 Avenue, Fort St. John, BC V1J 2N7
Assessment by Northern Health Required

Heritage 3
BC Housing: 1-800-667-1235
9804 106 Avenue, Fort St. John, BC

McMahon Place (Taylor)
BC Housing: [1-800-667-1235](tel:1-800-667-1235)

North Peace Seniors' Housing Society: [250-785-8983](tel:250-785-8983)
Independent Living
101-9816-108 Avenue, Fort St. John, BC V1J 5S4
npsht@fsjmail.net

Silver Willow Court: [250-783-5521](tel:250-783-5521)
10104 Ellis Crescent, Hudson's Hope, BC V0C 1V0

Harlequin City Centre: [604-731-1020](tel:604-731-1020)
Independent Living
98 St. at 100 Avenue
Fort St. John, BC
<https://harlequinfortstjohn.com>
#310 - 2006 West 10th Avenue, Vancouver, B.C. V6J 2B3
Email vanres@vrs.org
Fax: [604-731-4003](tel:604-731-4003)

Prespatou Country Lodge
21883 Prespatou Road, Prespatou, BC V0C 2S0

SHINE: Seniors Housing Information and Navigation Ease: [604-520-6621](tel:604-520-6621)
shine@sssbc.ca
The SHINE program, funded by the Ministry of Health and led by the Seniors Services Society of BC is a province-wide initiative which can help with issues such as evictions, access to programmes and services and advocacy to secure and maintain safe and stable housing.

Connective: [250-787-7177](tel:250-787-7177)
Fort St. John Affordable Housing
Providing 42 units of safe, secure, affordable housing in Fort St. John. Call them to apply for a unit or be placed on their waiting list.
reception@actionproperty.ca

The Shelter Aid for Elderly Renters (SAFER Program): [1-604-433-2218](tel:1-604-433-2218) or
[1-800-257-7756](tel:1-800-257-7756)
www.bchousing.org/safer

The SAFER program helps BC seniors with low to moderate incomes with more affordable housing rent.

COMMUNITY BASED SENIORS SERVICES

Fort St. John & Area Better at Home: 250-785-8880

#19 - 9907 110 Avenue, Fort St. John, BC V1J 2S9

Subsidized housekeeping, laundry, yardwork, and shovelling, Meals at Home Program

Chetwynd Better at Home: 250-788-2996

Tansi Friendship Centre

4729 51 Street, Chetwynd, BC, V0C 1J0

Hudson's Hope Better at Home: 250-783-0917

Dawson Creek Better at Home: 250-782-2341

10200 8 Street, Dawson Creek, BC V1G 3P8

Fort St. John & Area Community Connector: 250-784-5392

9907 110 Avenue, Fort St. John, BC V1J 2S9

Peace Seniors Connect and Care Society: 250-262-9154

npscscs2020@gmail.com

Facebook: Peace Connect and Care Society

CareMongers Fort St. John: 250-263-5970

jkritzgosselin@gmail.com

Fort St. John & Area Seniors Care Foundation: 250-787-0034

rrchmelyk@hotmail.com or roxannechmelyk1962@gmail.com

The Rotary Club of Fort St. John and the Sunrise Rotary Club

Text, or call

250-794-1606, 250-261-3497 or 250-261-8032

Fort St. John Senior Citizens' Association Branch #58

Seniors Hall: 250-785-7897

10908 100 Street, Fort St. John, BC V1J 3Z6

fsjseniors58@telus.net

Seniors First BC

Seniors Abuse & Information Line: [1-866-437-1940](tel:1-866-437-1940)

Information, legal advocacy and support for BC Seniors

info@seniorsfirstbc.ca

Telus Internet for Good for Seniors: apply online [Internet for Good for Seniors | TELUS](#)

Internet for Good® provides low-income seniors in British Columbia, Alberta and some areas of Quebec with the tools and access they need to stay connected. You are eligible if you receive the GIS benefit in the amount of at least \$6500 per year

Telus Mobility for Good for Seniors: apply online [Mobility for Good for Seniors | TELUS](#)

Mobility for Good® for low-income seniors provides Canadian seniors receiving the Guaranteed Income Supplement (GIS) benefit with low-cost wireless service. Customers can get a free certified pre-owned device on a 2-year term, bring their own device or take advantage of a \$75 discount towards the online purchase of a refurbished smartphone or accessories through our retail partner, Mobile Klinik.

Telus Health for Good for Seniors: You'll automatically qualify to add TELUS Health Medical Alert when your application for Internet for Good for Seniors or Mobility for Good for Seniors is approved. Health for Good™ provides low-income older adults who have qualified for our Internet for Good or Mobility for Good for Seniors programs with access to low-cost TELUS Health Medical Alert services. Get 24/7 access to live emergency operators for just \$20/month.

FOOD SOURCES/FOOD DELIVERY

Salvation Army Food Bank: [250-785-5891](tel:250-785-5891)

Women's Resource Centre Food Bank: [250-787-1121](tel:250-787-1121)

Fort St. John & Area Better at Home - Meals at Home Program: [250-785-8880](tel:250-785-8880)

Lucas' Pitstop: [250-785-1729](tel:250-785-1729)

Prepared fresh/frozen meals, fresh daily specials, baked goods
8803 100 Avenue, Fort St John, BC

Aniela's Kitchen and Catering: 250-794-0673
Fresh/frozen meals, daily specials, baked goods
10611 101 Avenue, Fort St John, BC

M&M Food Market: 250-263-9500
Frozen prepared meals
9600 93 Ave, Totem Mall, Fort St John, BC

FIRST NATIONS/INDIGENOUS SERVICES

First Nations Health Authority: 1-866-913-003

Fort St. John Friendship Society: 250-785-8566
10208 95 Avenue, Fort Saint John, BC V1J 1J2

FSJ Metis Association: 250-785-1541
fsjmetis@telus.net

Treaty 8 Tribal Association: 250-785-0612
reception@treaty8.bc.ca

Doig River First Nation: 250-827-3776 or 1-888-344-9997 (toll free)
reception@doigriverfn.com

Blueberry First Nations: 250-630-2802
reception@blueberryfn.ca

Fort Nelson First Nation: 1-888-543-3636
reception@fnnation.ca

Halfway River First Nation: 250-772-5058
reception@hrfn.ca

Prophet River First Nation: 1-844-323-0324
reception@prophetriverfn.ca

Saulteau First Nations: 250-788-3955
communications@saulteau.com

West Moberly First Nations: 250-788-3663 or 1-877-608-3663
reception@westmo.org

NENAS North East Native Advancing Society: 250-785-0887
www.nenas.org

National Indian Residential School Crisis Line: 1-866-925-4419

KUU-US Crisis Line Society: 1-800-588-8717

Metis Crisis Line: 1-833-638-4722

Fort St. John Native Housing Society: 250 785-4900

Dawson Creek Native Housing Society: 250-782-1598

Aboriginal Housing Society of Prince George: 250-564-9794

LOCAL, PROVINCIAL & FEDERAL GOVERNMENT CONTACTS

Service BC: 1-800-663-7867

Service BC centers provide access to provincial government services and information. They can also provide guidance on local governments, First Nations and improvement districts.

MLA: Jordan Kealy, Peace River North Constituency Office: 250-263-0101
10104 100 Street, Fort St. John, BC V1J 3Y7

Office of the Seniors Advocate BC (Dan Levitt): 1-877-952-3181

The office monitors and analyzes seniors services and makes recommendations to government and service providers to address systemic issues in five areas: health care, housing, income support, community support and transportation.

Service Canada: 1-800-662-6232
9820 120 Avenue, Fort St. John, BC V1J 8C3

MP: Bob Zimmer, Prince George/Peace River/Northern Rockies: 250-787-1192
9916 100 Avenue, Fort St. John, BC V1J 1Y5

Canada Pension Plan: 1-800-277-9914

Revenue Canada: 1-800-959-8281

Tax credits and benefits:

Remember when you are working on your taxes that there are a number of credits for seniors, including:

- **Canada caregiver credit**
- **disability tax credit**
- **medical expenses**
- **home accessibility expenses**
- **age amount**
- **pension income amount**
- **pension income splitting**

Filing your taxes allows you to receive the benefits and credits you're entitled to. For low-income seniors, it is especially important, as we will use the income information from your income tax and benefit return to review your eligibility for the Guaranteed Income Supplement, automatically, every year.

Peace River Regional District: 250-784-3200 or 1-800-663-3456

City Hall - Fort St. John: 311 or 250-787-8150 for all city services
10631-100 Street, Fort St. John, BC V1J 3Z5

Lilia Hansen, Mayor: 250-787-8160

Bylaw Services: 250-787-8150

LOCAL BUSINESSES & ORGANIZATIONS

Fort St John District Chamber of Commerce: 778-256-7762

#104, 9907 99 Avenue, Fort St John, BC V1J 1V1
info@fsjchamber.com fsjchamber.com

Fort St. John Friendship Society: 250-785-8566

10208 95 Avenue, Fort St. John, BC V1J 1J2

Fort St. John Public Library: 250-785-3731
10015 – 100 Avenue, Fort St. John, BC V1J 1Y7
Matthew Rankin Director of Library Services
access@fsjpl.ca www.fjpl.ca

- **CLICK Program:** computer/cell phone support free of charge
- **Access Program:** providing access to books, materials and resources regardless of income, background, geographic location or reading ability. By providing an accessible library service for people with print disabilities – in digital formats and free of charge
- **Homebound Services** allows people who cannot get to the Library to access materials free of charge by mail (Rural residents) or by delivery. Delivery services are available within the Fort St John Municipal Boundary and **Areas B and C** of the Peace River Regional District. Deliveries from March through to October will occur within a 20km radius of the library. Deliveries from November through February will occur within a 10km radius of the library. Those within the FSJPLA service area, but outside of the delivery distance will receive Library by Mail at no charge. FSJPLA staff will deliver library materials during normal business hours. Deliveries will not take place during extreme weather conditions.
- **Cognitive Care Kits:** designed by Northern Health and the Library
- **Audiobooks**

Fort St. John Royal Canadian Legion Branch #102: 250-785-3917
10103 105 Avenue, Fort St. John, BC V1J2M4
Ksmlegionnaire44@gmail.com

Fort St. John Literacy Society: 250-785-2110
#201, 10136 – 100 Avenue, Fort St. John, BC
slsw@fsjliteracy.ca or www.fsjliteracy.ca

S.U.C.C.E.S.S. Immigrant Settlement & Integration Program: 250-785-5323
10504 100 Street, Fort St. John, BC V1J 3Z6

City of Fort St. John Community Services: 2-1-1
bc211.ca

North Peace Leisure Pool: 250-787-8178

Pomeroy Sport Centre: 250-785-4592

Recreation and Leisure: 250-785-4592

Fort St. John Community Arts Council: 250-787-2781

10320 94th Ave, Fort St. John, BC V1X 4X

info@fsjats.org

FSJ Museum: 250-787-0430

Heather Sjoblom Manager/Curator

Fort St. John North Peace Museum & North Peace Historical Society

fsjnpmuseum@fsjmail.com

North Peace Community Garden Society:

npcommunitygardensociety@gmail.com

We will need volunteers this growing season to help with watering, weeding and general maintenance of the garden

Peace Gallery North - Art Gallery: 250-787-0993

North Peace Cultural Centre

10015-100 Avenue, Fort St. John, BC

Energetic Property Maintenance: 250-570-2928

Lawn services and garden maintenance

<https://www.facebook.com/EnergeticPropertyMaintenanceFSJ/>

Dynamic Snow & Mow: 250-263-8188

B. Grahams Lawns: 250-329-4016

Dump runs, property maintenance and cleanups, and much much more

North Peace Community Foundation: 778-576-1669 or Toll free: 866-558-8488

Mobile: 250-309-4572

www.northpeacecf.com

PO Box 378, RPO Downtown, Fort St. John, BC V1J 6W7

Community Bridge: 250-785-6021

10142 101 Avenue, Fort St. John, BC

Women's Resource Society: 250-787-1121

10051 100 Avenue, Fort St. John, BC

North Peace Pregnancy Care Centre: 250-787-5584

9900 100 Avenue, Suite 335, Fort St. John, BC

Child Development Center of Fort St John: 250-785-3200

10417 106 Avenue, Fort St. John, BC

The Foundry: 250-271-0177

Foundry offers free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families. You don't need a referral.

foundryfortstjohn@bcymca.ca

RBC Royal Bank: 250-787-0681

10312 100 Street, Fort St. John, BC V1J 3Z6

BMO Bank of Montreal: 250-785-8356

10207 100 Street, Fort St. John, BC V1J 3Y8

TD Canada Trust: 250-262-5000

10155 100 Street, Fort St. John, BC V1J 3Y6

Scotiabank: 800-472-6842

9607 100 Avenue, Fort St. John, BC V1J 3Y3

BDC Business Development Bank: 888-463-6232

10019 103 Avenue, Fort St. John, BC V1J 2H4

FRAUDS AND SCAMS

Fraud can happen to anyone. Criminals use phone calls, text messages, emails, and social media to trick victims into giving up personal information or sending money. From bank imposters and income tax scams to romance scams and online marketplace fraud. The tactics are constantly evolving. Fraud is growing, crossing borders, and becoming ever more sophisticated and convincing due to Artificial Intelligence (AI).

Protect yourself by:

- Never sharing personal or banking information with unknown callers

- Verifying requests directly with your bank or business using official contact numbers
- Avoiding clicking suspicious links in texts or emails
- Monitoring your accounts regularly for unauthorized activity
- Reporting scams immediately

If it feels suspicious, pause and verify before you act.

Canadian Anti-Fraud Centre (CAFC): 1-888-495-8501

Collects information on fraud and identity theft; provides information on past and current scams affecting Canadians; website contains an A-Z index of frauds/scams, scams by mediums, recent scams, and strategies for protecting yourself. If you think you're a victim of fraud, report it! Visit: <https://www.antifraudcentre-centreantifraude.ca/>

Local Police/RCMP: 250-787-8140 Fort St. John. Can assist with investigations and reporting to the CAFC. Find a list of Non-Emergency Numbers at: <https://www.ecomm911.ca/>

Canada Revenue Agency: Scam alerts - Check their website regularly: <https://www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud/scam-alerts.html#h2>

People's Law School: Scams & Identity Theft - <https://www.peopleslawschool.ca/>

Credit Reports: Equifax www.equifax.ca / Transunion www.transunion.ca

Get Cyber Safe: A national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online. Learn how to secure your devices and browse safely online. <https://www.getcybersafe.gc.ca/en>

Cyber-Smart.ca: Cybersecurity awareness for seniors. Information, tips, videos, and resources to learn about scams and how to avoid them. <https://cyber-smart.ca/>

Fraud Prevention Toolkit forSeniors:

https://cba.ca/Assets/CanadianBankersAssociation/Documents/Articles/Scam_Prevention_Toolkits/2025cybersecurityolderadulthoodtoolkitupdated_en.pdf

Cyber Seniors: 1-844-217-3517 Toll-free
Free tech support & training for older adults
www.cyberseniors.org

Competition Bureau of Canada: The Little Black Book of Scams
<https://competition-bureau.canada.ca/en/little-black-book-scams-2nd-edition>

VOLUNTEERING

Phoenix Volunteer Club: 250-785-1430
phoenixfsj@gmail.com

Fort St. John Volunteers & Fundraisers: Facebook Group
[Fort St John Volunteers & Fundraisers | Facebook](#)

Fort St. John Hospital: 250-645-8520
volunteers@northernhealth.ca

Fort St. John Hospital Auxiliary: 250-261-7568

Fort St. John Hospital Foundation: 250-261-7563
8407 112 Avenue, Fort St. John BC V1J 0J5
fsjhospitalfoundation.ca

Peace Villa: 250-261-7450

Fort St. John Palliative Care Society: 250-787-2814

Fort St. John & Area Better at Home: 250-785-8880

North Peace Seniors Housing Society: 250-789-8583



mackeno35@gmail.com

13213 – 281 Road

Charlie Lake, BC V1J 8K6

SONS is a group of dedicated people in Fort St. John and area wanting to make a difference in our community. SONS mandate is:

- To advocate/lobby for the building of a facility that will ensure the safety, respect and dignity of our seniors;
- To provide current and reliable information for the number of facilities and beds available in our area;
- To pursue all avenues of support for our community – rural and urban - such as Supportive Living, Assisted Living, Intermediate Care, Extended Care, Special Unit, Psycho-Geriatric Care, Adult Daycare, Home Care, and Emergency Care.

Thank you to the BC Association of Community Response Networks, (**BCCRN**), for the Community Impact Grant that allowed us to have printed versions of the FSJ Community Health Guide for Fort St. John and surrounding area.



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

Email: info@bccrns.ca or: lorna.penner@bccrns.ca Web: www.bccrns.ca

What is a Community Response Network (CRN)?

A Community Response Network (CRN) is a local partnership of community members, service providers, agencies, and professionals working together to prevent adult abuse, neglect, and self-neglect and strengthen community safety.

A Coordinated Community Response – (CRNs)

CRNs support safer communities by:

- Raising awareness and providing education on adult abuse prevention

- Coordinating community-based prevention and advocacy
- Improving collaboration across health, social, legal, and community services
- Identifying gaps and barriers in supports for vulnerable adults
- Strengthening coordinated responses and accountability

Rooted in inclusion, shared leadership, and community engagement, CRNs recognize that strong, connected communities are essential to preventing harm and protecting adults at risk.



United Way
British Columbia

Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island

Community Connector (Social Prescribing) [250-784-5392](tel:250-784-5392) Email-sharron@npshts.ca

A Community Connector supports older adults to strengthen their health and wellbeing by connecting them to community-based supports, activities and networks. Connectors strengthen both individuals and the broader community ecosystem. They strengthen the system of support by bridging healthcare, community and older adults by addressing the social determinants of health through relational, community-led approaches. Connectors reduce isolation, support aging in place, promote equity, and help build more resilient, connected communities across BC.

We are so thankful for all the volunteer and dedicated hours of service to help make our community a better place to be. Thank you from the bottom of our hearts for your time.

“Alone we can do so little; together we can do so much.” – Helen Keller

EMERGENCY NUMBERS

- Emergency 9-1-1
- Fort St. John Police Non-Emergency Line: 250-787-8140
- BC Nurse Line 8-1-1 or 7-1-1 for the deaf and hard of hearing
- Poison Control: 1-800-567-8911
- BC's Mental Health Line: 310-6789
- 9-8-8 Suicide Crisis Helpline (call or text)
- 1-800 Suicide Line: 1-800-784-2433
- Veteran's Crisis Line: 800-273-8255
- 24-hour Crisis Line: 1-888-562-1214
- Crisis Response Team (CRU) 250-263-6080 Fort St John Hospital
- Emergency Department at 8407 112 Avenue if you or someone else's safety is at risk
- Racist Incident Helpline: 1-833-457-5463
- Kid's Help Phone: Text CONNECT to 686868
- First Link Dementia Helpline: 1-800-936-6033 (English), 1-833-674-5007 (Cantonese & Mandarin), or 1-833-674-5003 (Punjabi) Monday to Friday, 9 a.m. to 4 p.m.
- KUU-US Crisis Response Service: 1-800-588-8717 for culturally aware support for Indigenous peoples
- National Indian Residential School Crisis Line: 1-866-925-4419
- Metis Crisis Line: 1-833-638-4722
- Canada-wide Telus Health Community Crisis Support Line: 1-844-751-2133
- Bereavement and Grief Support Line: 1-877-779-2223 Homewood Health
- Support Center (open to anyone): 1-833-375-0269
- Northern Health virtual and community mental health services: 1-844-645-7811
- NH Virtual Clinic Phone: 1-844-645-7811 (10am to 10pm daily PST including weekends and statutory holidays)
- PRRD Emergency Information Line: 250-219-5210
- BC Wildfire Services: 1-888-336-7378
- Peace Region Evac Helpline: 250-784-3200
- BC Conservation Officer: 1-800-663-9453
- BC Hydro Outage Line: 1-800-224-9376 or 1-888-769-3766
- Your Emergency Contact- Name: _____
Phone Number: _____

****please remove this page from the guide and hang in a highly visible place****

